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Philadelphia courts continue
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SAM NEWHOUSE, REPORTER

Bring your umbrellas to work, Philadelphia! Rain and thunder are in the forecast this Tuesday, in the latest bit of weird October weather this year. While you're staying dry, read about how one key component of the legal system, juries, is suffering due to lack of public participation, and what court officials are doing to make jury duty more appealing, inside and at metrophilly.us.

NORTH KOREA THREAT IS 'CRITICAL, IMMINENT'

The threat from North Korea has grown to a "critical and imminent level" and the United States, Japan and South Korea must address the matter, Japanese Defense Minister Itsunori Onodera told his U.S. and South Korean counterparts in talks. Onodera's remarks underscored the deep concern in Tokyo after North Korean weapons tests, including test firing missiles over Japan, as Pyongyang seeks to develop

a nuclear-tipped missile capable of reaching the United States. His comments broke from more measured language on Monday by U.S. Defense Secretary Jim Mattis and South Korean Defense Minister Song Young-Moo, as the three men met on the sidelines of a gathering of Asian defense chiefs in the Philippines. "[The] threat posed by North Korea has grown to the unprecedented, critical and imminent level.

TRUMP CALL 'MADE ME CRY EVEN WORSE'

The widow of a U.S. Army sergeant killed in Niger this month said on Monday that President Donald Trump "made me cry even worse" in a condolence telephone call when he said that her husband "knew what he signed up for." In an interview with ABC's "Good Morning America," Myeshia Johnson, widow of Sgt. La David T. Johnson, also said she has been told little about

how her husband was killed and has not been allowed to see his body. Johnson's comments, her first to the media about the condolence call from Trump, were likely to fuel a controversy that has swirled for days around the president's handling of the call to the widow. La David Johnson was one of four U.S. Army soldiers killed on Oct. 4 in an attack in the West African nation.



TRUMP RAT

A pop-up inflatable "Trump Rat" is erected facing the Frank Rizzo statue, in Center City Philadelphia on Monday. In recent time, controversy grew about the statue of the former mayor and police commissioner. The statue has been target of protest in the past. Monday was also Rizzo's birthday.

AMAZON RECEIVES 238 PROPOSALS

Amazon has received 238 proposals from cities and regions across North America vying to host the company's second headquarters. The number of applicants underscores the interest in the contest, which Seattle-based Amazon announced last month. The world's largest online retailer said it would invest more than \$5 billion and create up to 50,000 jobs for "Amazon HQ2." The dead-

line for submitting proposals was Thursday. Amazon said 54 states, provinces, districts and territories in the United States, Canada and Mexico were represented in the bids. Some said this month they could offer Amazon billions of dollars in tax breaks if they were chosen. New Jersey proposed \$7 billion in potential credits against state and city taxes if Amazon locates in Newark and sticks to hiring commitments, for instance.

GOOGLE'S LATEST PHONE OFF TO A ROCKY START

The launch of Alphabet Inc.'s second-generation Google Pixel smartphones has been hampered by display problems and pricing and shipping issues, prompting the company to open an investigation and issue multiple apologies to customers. The Pixel 2 and Pixel 2 XL, which start at \$649 and debuted in stores on Thursday, are the lynchpin of Google's efforts to take on Apple Inc.'s iPhone directly. Early Pixel 2

users have voiced frustration with mishaps, including a potentially serious problem with the screen. Google said on Sunday it is investigating whether graphics are burning into the display of the Pixel 2, following a report on the AndroidCentral blog detailing the issue after a week of use. Burn-in, which usually becomes a problem only after several years of activity, can make it difficult to see information on the display.

MetroWeen's Trumpkin contest

Send us photos of your carved "Trumpkin" pumpkin for a chance to win a \$100 Amazon gift card. The winning Trumpkin will be featured in our special "MetroWeen" Halloween edition on Oct. 26, and on our social media accounts. Email pictures to Morgan@metro.us.



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From left, Administrative Judge Jacqueline F. Allen, President Judge Sheila Woods-Skipper, Staff Muralist Nathaniel Lee and Mural Arts Program COO Joan Reilly unveil the new mural by Lee celebrating jury duty. JORDAN WEAVER

Juror experience gets an upgrade in Philly

Courts hope new mural and film celebrating service of jury duty will sway more citizens to participate.



SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

In ancient Greece, the right of average citizens to sit in judgment of one

another on juries of law was controversial because no one trusted the average citizen. As playwright Aristophanes argued in "The Wasps," regular people could pack jury boxes for a power-based ego boost or to execute malicious plots motives against their neighbors.

Today, the public jury system is considered one of the crown jewels of Western jurisprudence — and American courts specifically.

But in Philadelphia, we have the reverse problem of what Aristophanes imagined. No one seems to want to participate. In recent years, stats have shown just 13 percent of Philadelphians actually participate in jury duty.

"Jury duty is our shared American tradition," said Judge Barbara McDermott, chair of the Board of Judges' Jury Committee. "We owe it to each other to perform this duty, as justice in Philadelphia depends on the quality of our jurors. When we serve as jurors we are investing in our community."

McDermott was speaking at an event held by city courts to unveil a new mural in Philadelphia City Hall that celebrates jury service and a new welcome film that will show jurors what the process is like.

"This mural and this video will serve as reminders of the importance of jury duty to all who enter this room," said Jacqueline F. Allen, administrative judge of the Court of Common Pleas — Trial Division.

It seems to be a badly needed reminder. Out of 545,000 jury summons issued in 2015, only 14 percent actually show up in court to serve in the juror pool. About half did not serve for legitimate reasons, but roughly 35 percent, about 175,000 people, didn't even respond.

In past years, the courts have tried various efforts to boost jury participation. They tried stiffer punishments — hauling no-shows into "scofflaw juror" court and slapping them with \$50 or \$100 fines. That was dropped

after two years due to lack of impact on participation rates.

Now the courts are undertaking a different, more positive tack: encouraging citizens to participate through steps like bringing back complimentary breakfasts for jurors, having VIPs like the Phillie Phanatic and Villanova basketball coach Jay Wright show up to shake hands, and now, introducing the new mural and film, which came through collaborations with Mural Arts and Philly CAM.

The mural was designed by court employee and artist Nathaniel Lee.

"It is a great honor to be the artist chosen to create this mural that speaks to one of the founding principles of our country: the 7th amendment in the Bill of Rights that guarantees a trial by jury," Lee said in a statement. "I am very excited to have had the opportunity to contribute my own artistic mark to Philadelphia's City Hall."

Deutch, the education & production director at PhillyCAM, said she worked with real jurors and judges to make her film, "Jury Service — A Step Toward Justice."

"This new jury video ... puts the perspectives of actual jurors front and center," Deutch said. "Hearing jurors' personal experiences will hopefully inspire others to serve and see it as an opportunity to contribute to a civil society as opposed to a chore."

"This mural and this video will serve as reminders of the importance of jury duty to all who enter this room."

Jacqueline F. Allen

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Ivanka Trump touted tax reform in the Philly area on Monday

President Trump's daughter Ivanka made the case for her father's tax reform plan during a town hall appearance in the Philly suburbs on Monday afternoon.

The first daughter, who, along with her husband Jared Kushner, has taken an active role in the Trump administration at the White House over the last 10 months, promoted the Republican plan for an overhaul of the federal tax system, which Trump has identified as his top legislative priority.

Ivanka was at the James Kinney Senior Center in Richboro, at a town hall talk sponsored by local Republican U.S. Rep. Brian Fitzpatrick.

She argued on behalf of the plan along with U.S. Treasurer Jovita Carranza and former U.S. Rep. Nan Hayworth of New York.



Ivanka Trump has taken an active role in her father's White House. GETTY IMAGES

A White House representative had said Ivanka's remarks would focus on the Child Tax Credit: "Ivanka, in coordination with the National Economic Council, Office of Legislative Affairs and Treasury, has been working on an expansion of the child tax credit as it is an essential part of ensuring

a middle-class tax cut." President Trump claims his plan will help the middle class. Democrats who oppose the plan say it will only benefit the wealthy.

Like her dad, Ivanka has ties to the Philly area, having graduated from UPenn's Wharton Business School.

SAM NEWHOUSE

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Trump says popular 401(k) savings program unscathed in new tax plan

Tampering with 401(k) plans would risk alienating millions of U.S. workers.

President Donald Trump on Monday dismissed the possibility of curbing a popular tax-deferred U.S. retirement savings program to help pay for sweeping tax cuts, and expressed doubts

about adding another top bracket targeting the wealthiest Americans.

The potential scaling back of the 401(k) plans, which for four decades have helped Americans save for retirement, is one

of several important details yet to be worked out in a major tax overhaul that Trump promised as a candidate and wants his fellow Republicans who control Congress to pass by year's end.

The White House and its allies in Congress have floated the idea of paring back a number of tax deductions to generate revenue lost as a result of their proposed tax cuts, the centerpiece of which is a sharp reduction in the corporate income tax rate.

The Wall Street Journal and the New York Times reported on Friday that Republicans were considering an annual cap of about \$2,400 on pre-tax contributions to 401(k) plans, roughly 13 percent of what workers under age 50 currently can contribute on a tax-deferred basis.

"There will be NO change to your 401(k)," Trump said in a Twitter post. "This has always been a great and popular middle class tax break that works, and it stays!"

Tampering with 401(k) plans, which have largely replaced defined benefit pensions in the United States, would risk alienating millions of U.S. workers as well as Wall Street, which generates fees from managing the plans.

It also would provide ammunition to Democrats, who have painted Trump's plan, with its \$6 trillion in tax cuts, as a gift to the rich and corporate America that would balloon the federal deficit.

Because many companies match a percentage of their employees' 401(k) contributions, lowering the annual cap could result in a further reduction in the amount saved for retirement in these plans.

Securing congressional passage of his tax overhaul is of critical importance to Trump, who

has yet to get any major legislation through Congress since taking office in January including a major healthcare overhaul he also promised as a candidate last year.

The White House argues that tax cuts are needed to boost economic growth and create jobs, but has shown increasing sensitivity in recent weeks to arguments that it is endangering America's long-term fiscal health.

Based on the outline of the plan that was unveiled last month, independent experts have concluded that corporations and the highest earners would benefit the most, and many upper middle-income people would face higher taxes.

There are signs Republicans may add a fourth income tax bracket affecting high earners to the tax blueprint, which envisions collapsing the number of brackets to three from the current seven.

The idea of an additional top tax bracket was floated by Republican House of Representatives Speaker Paul Ryan.

In an interview broadcast on Fox Business Network on Monday, Trump appeared to pour cold water on the idea.

"It may not happen," Trump said. "The only reason I would have [it] ... is if for any reason I feel the middle class is not being properly taken care of."

There is also pressure from investors to pass the tax overhaul. The expectation of deep tax cuts has helped propel U.S. stock markets to record highs during Trump's first year in the White House. **REUTERS**



President Trump speaks in the East Room of the White House. **GETTY IMAGES**



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John McCain hits president with thinly veiled insult about 'draft-dodger' Trump

President Trump received five draft deferments during the Vietnam War.



ERIN TIERNAN
@ErinTiernan
erin.tiernan@metro.us

Sen. John McCain took some thinly veiled shots at President Donald Trump when he said it was "wrong" that wealthy Americans were able to dodge the draft during the Vietnam War.

"One aspect of the conflict, by the way, that I will never ever countenance is that we drafted the lowest income level of America and the highest income level found a doctor that would say that they had a bone spur," McCain said in an interview where he discussed the draft that aired on C-SPAN 3 on Sunday. "That is wrong. That is wrong. If we're going to ask every American to serve, every American should serve."

Though he didn't call out Trump by name, it is widely known that the president received five deferments from the

draft during the Vietnam War, four for education and one for bone spurs in his heels.

Last year, The New York Times got its hands on Trump's Selective Service records, which revealed the story behind how Trump got out of serving in the deadly Vietnam War. In the interview, Trump said his bone spurs had been "temporary" and "minor" and that over time, they "healed up."

"They were spurs," he told the Times, noting that they were "enough of a problem."

"You know, it was difficult from the long-term walking standpoint," he said.

McCain served in Vietnam and was a prisoner of war for more than five years after his aircraft was shot down.

McCain was tortured and held in solitary confinement, but while Trump was on the campaign trail last year, he said McCain was "not a war hero."

"I like people that weren't captured," Trump said.

McCain, 81, has

served as Senator for Arizona since 1987 as a Republican. He was diagnosed with a brain tumor in July and has

since ramped up his criticism against Trump, the White House and other members of the Republican Party.



Sen. John McCain called out draft dodgers in an interview that aired on C-SPAN. WIKIMEDIA COMMONS

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iPhone X demand will be substantial, but not exceptional: New survey

Days before Apple Inc.'s much-awaited iPhone X opens for preorders, a survey by brokerage Bernstein showed that demand for the device will be substantial, but not exceptional, with about a quarter of the respondents planning to buy the phone.

Heightened anticipation around the 10th anniversary iPhone, which opens for preorders on Oct. 27 and begins shipping from Nov. 3, has already dented demand for the just-launched iPhone 8 and 8 Plus.

Apple shares fell last week after reports of iPhone X production delays and weak sales of iPhone 8 models.

"The excitement surrounding the iPhone X appears to be magnitudes higher than actual purchase intent - 48 percent of respondents agreed/strongly agreed that they were 'excited

for the iPhone X," Bernstein said, citing a survey of 1,112 iPhone owners in the United States, UK and China.

Apple launched iPhone 8 and 8 Plus last month amid muted reception as fans awaited the iPhone X, and a survey by broker KeyBank Capital Markets had pointed out that older iPhone 7 models outsold iPhone 8.

While it was doubtful how many iPhone users will upgrade to the \$999 iPhone X, an overwhelming majority will still choose an Apple device, according to the survey.

"Consumer loyalty to iPhone remains remarkably strong, despite persistent complaints about high prices and worries about declining innovation, with only 3 percent of respondents stating that their next phone would not be an iPhone," Bernstein said.

Apple shares were up 0.5 percent at \$157 Monday afternoon.

REUTERS



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Man wanted for stabbing dog with machete captured: Police

Thomas Vargus was one of Massachusetts' most wanted fugitives, according to state police.



KRISTIN TOUSSAINT
@kristindakota
kristin.toussaint@metro.us

A man who officials say randomly attacked a woman and stabbed her dog with a machete last month has been arrested in Marcus Hook, Pennsylvania.

Thomas Vargus, 45, one of the Massachusetts State Police's most wanted fugitives, was arrested Sunday, police said.

Vargus allegedly attacked a woman walking her dog Sept. 18 in Taunton, Massachusetts. He abruptly pulled out a machete, officials said, and began stabbing the dog. The woman was also struck and injured by the weapon during the attack.

Residents nearby intervened during the incident and locked the dog inside



Thomas Vargus was on the Massachusetts most wanted fugitives list for allegedly stabbing a dog with a machete. MASSACHUSETTS STATE POLICE

a vehicle so that it wasn't further injured. Vargus then allegedly fled the scene and a warrant was issued for his arrest. He was added to the list of most wanted fugitives in Massachusetts not long after the assault.

Vargus has a "lengthy and violent" criminal history in Massachusetts, according to state police, including nine assault-and-battery convictions with dangerous weapons like a beer bottle, Mace sprayer and beer can. He

has also been convicted on federal narcotics conspiracy charges.

Vargus was arrested after troopers learned that he may be living in Marcus Hook. According to intelligence gathered by officials, he was staying with a convicted felon and member of the Pagan Outlaws motorcycle gang who was well-known to area police.

That man, Glen J. Turner, 70, had served a federal prison sentence for shooting a New Jersey state trooper in the face in 1982. Turner and Vargus served federal prison time together, officials said. Turner remains on federal parole.

On Sunday, a Pennsylvania officer saw Turner and Vargus walk into a local diner and called for backup. Once the men left the diner, officers took Vargus into custody.

Vargus was then taken to the Marcus Hook Police Department and charged as a fugitive from justice.

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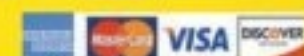
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Woman's heart literally breaks after her dog's death

"It broke my heart."
It's a common thing we say, but do our hearts actually break into pieces like they do on cartoons?

Technically no, but you can experience broken heart syndrome — a condition known medically as takotsubo cardiomyopathy. A new report published in The New England Journal of Medicine details the case of Joanie Simpson, a 61-year-old Texas woman who developed the condition after the death of her Yorkshire Terrier, Meha.

Simpson's symptoms started soon after her dog's death and got so severe that she was airlifted to Memorial Hermann Heart & Vascular Institute in Houston where they diagnosed her with takotsubo cardiomyopathy.

Takotsubo cardiomyopathy typically occurs after a person — even a healthy one — experiences emotional or physical



The death of a pet triggered a serious medical reaction in one woman. GETTY IMAGES

stress. "The heart muscle suddenly weakens and doesn't squeeze the way it should" leading to broken heart syndrome symptoms like low blood pressure and even congestive heart failure, Dr. Ilan Wittstein, a cardiologist at Johns Hopkins and a broken-heart syndrome researcher, told The Washington Post.

It's typically associated with sadness, but "a whole variety of emotional triggers can cause it," he said.

As many as 2 percent of people can develop

the syndrome, but it typically affects women like Simpson ranging from 58 to 75. The reason isn't exactly known, but it's likely due to a drop in estrogen. In Simpson's case, it seems like Meha's death was the nail in the proverbial coffin after a stressful few months.

The good news is that it's typically not fatal and broken heart syndrome treatment can be simple. Simpson was home within a few days and is taking heart medication as a preventative.

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Not buying it, Matt Damon

Apparently, Matt Damon knew about the time Harvey Weinstein harassed Gwyneth Paltrow. And despite being the father of daughters, he said and did nothing. Typical!

In an interview with ABC News on Monday, the 47-year-old admitted that Ben Affleck told him about the incident. "I knew that they had come to



Should have known better.
ALL PHOTOS GETTY IMAGES

whatever agreement or understanding. She was the first lady of Miramax. And he treated her incredibly respectfully."

Insert eye-roll emoji here because we cannot.

Damon also insisted that he only knew of Weinstein, 65, as a generally gross dude, not as someone who alleg-

edly serially sexually harassed and assaulted women from all over — despite knowing about Paltrow second-hand.

"I knew he was an a—hole. ... But the criminal sexual predation is not something that I ever thought was going on."

Sorry, not sorry, Damon. We're um, not buying this bulls—. Bye!

John Stamos is off the market

John Stamos — an attractive man most famous for a character he played 22 years ago — is engaged. OK!

The actor announced his engagement to multi-hyphenate actress-model-writer Caitlin McHugh, with a very cheesy illustration on

Facebook and Twitter:

"I asked ... she said yes! ... And we lived hap-



Smooth moves, Uncle Jesse.

pily ever after."

The 54-year-old has been dating McHugh for about a year and a half.

But who is she? Here's what we know, after five minutes of research.

She's 31. So she watched "Full House." This is her second marriage. She has an ex-husband named Massimo Lusardi.

She's obsessed with Disney. Judging from her Instagram feed, she dresses up like Disney princesses a lot in her spare time. Cool!

the word

George Clooney is no longer a pranking man

George Clooney is a famous prankster. But now, the father of two says he just doesn't have time for them anymore.

At the premiere of "Suburbicon," the 56-year-old opened up on his lack of shenanigans, saying, "When you're directing, you're busy. When you're acting, you've got a lot

of time and you can do all kinds of horrible things." Charming!

And lest you think that Clooney's no-shenanigans rule was met with a sigh of relief among his cast and crew, let them prove



Thank the heavens.

you wrong. "I am very bummed," actress Karimah Westbrook admitted. "I wish he would play a prank on me... hopefully, if we ever work together again." Oh, honey, no. You're brainwashed, girl!

There's been drama about Kim Cattrall refusing to do a third "Sex and the City" film — which is totally fine because nobody is asking for a third film.

In a recent interview, the 61-year-old talked to Piers Morgan (ew) to clear the air. Turns out? She was never even buddy-buddy with those broads. "We've never been friends. We've

been colleagues and in some way, it's a very healthy place to be." Ooh, almost burn!

"Now to get any kind of neg-



Sick burn, yo!

ative press about something that I've been saying for almost a year, that I'm demanding or a diva? And this is really where I take to task the people from 'Sex and the City,' and specifically Sarah Jessica Parker. I think she could have been nicer." SJP burn!

She then suggested that Samantha Jones be played by a woman of color which, OK, yes! It'll never happen, but still!

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Craft-lover Amy Sedaris has googly eyes to spare

Chatting with the actress and comedian about her new series, "At Home with Amy Sedaris," DIY inspiration and Princess Carolyn.



RACHAEL VAUGHAN CLEMMONS
@rachaelclemz
rachael.clemmons@metro.us

Amy Sedaris has a delightfully bizarre new show premiering tonight on TruTV at 10:30 p.m., "At Home with Amy Sedaris." And she's well aware that it's hard to explain. "You can say it's kind of like Martha Stewart, but it's funny and there's no audience," she says over the phone, talking a mile a minute.

It's more than that, though — "At Home with Amy Sedaris" features the 56-year-old as herself (and various other characters) in increasingly weird situations with increasingly weird locals, based around themes like enter-



taining the grieving and cooking without pots and pans. Doesn't hurt that those locals are played by the likes of A-list actors and comedy veterans alike.

"Writing it, we always had our dream person in mind," she says. "We always dreamt we'd have Paul Giamatti as a businessman, or Michael Shannon as a murderer, or Justin Theroux as an astronaut. I never in a million years thought

we'd get those people!"

We chatted more about the series that Sedaris has been dreaming of since she was little, where she found inspiration and why her brother, writer and humorist David Sedaris, is coming to "BoJack Horseman" next season.

Why did you decide to create a series instead of another of your home-making or entertaining books?

I originally wanted to create the series back in the early 2000s and I decided well, let me do the books first, and see if I can figure out what the show would be, based on the books. I kind of did it back-

wards. Then when it was time to pitch the show, I actually had two books to push across the table and say, "This is the show."

What kind of shows inspired "At Home with Amy Sedaris"?

They're all old shows. "The Galloping Gourmet," "Lidia's [Family] Table." The shows nowadays are fine, but I don't have the gadgets that they have. I don't have the counter space that they have. And it's not going to come out and look as pretty. My show isn't about that, it's pretty simple. It's kind of like, on a Girl Scout level.

What's your favorite thing to craft with? Googly eyes are

a personal fave.

I put googly eyes on everything. You can come over to my house and I swear, there's gotta be some googly eyes stuck to the bottom of your foot. (Laughs) They're everywhere. It's a pain of ass.

Your work on "BoJack Horseman" is also phenomenal — what attracted you to Princess Carolyn?

They asked me, and I'm a big Will Arnett fan. And I like the drawings. I have been doing [Princess Carolyn voice] as a character voice for a while, so it helped me work on that character a little bit more.

We have an episode coming up where Princess Carolyn is around her family and my brother (David Sedaris) is going to play her mother.

Wait, what?! That's going to be so good.

How much fun is that going to be? And you're the first to know! It's hot off the press.



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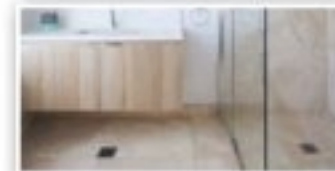
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7 of the most haunted places in Philadelphia

Mingle with the spirits of former Philadelphians — if you dare!

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One of Philadelphia's most famous aspects is its rich history. A key factor in the formation—and once the capital—of our country, the city does its best to preserve its colonial era buildings for all future generations to enjoy.

But just because current and future genera-

tions are enjoying them does not mean that past generations are done with them yet.

Yes, in a city as old and storied as Philadelphia, restless spirits are all but expected. While they may be eerie and downright terrifying at times, through the years, Philadelphians have learned to embrace its spooky side as just another fact of life.

Just in time for Halloween, here are seven of the most haunted buildings in the city.

1. Eastern State Peniten-

tiary

This one is a no-brainer. From 1829 to 1971, the intimidating structure on Fairmount Avenue housed numerous prisoners, including notorious criminals like Al Capone and Willie Sutton. Legend has it that Cellblocks 4, 6 and 12 are the most haunted areas of the former prison, with visitors and staffers alike reporting everything from shadowy figures to faces on walls to even the apparition of a former guard. Around Halloween, of course, the most notable

haunting comes from the actors behind the renowned Terror Behind the Walls attraction.

2. Independence Hall
Perhaps the most historic building in Philadelphia, Independence Hall was where the United States was officially born. Some people say that famed U.S. traitor Benedict Arnold's restless spirit haunts its hallowed halls; others claim that this is one of several buildings that is still frequented by Founding Father and beloved Philadelphian

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Ben Franklin.

3. Physick House

This Society Hill museum was the home of Dr. Philip Syng Physick, the "father of American surgery." While his spirit appears to be at rest, the same cannot be said for that of his ex-wife Elizabeth. During their divorce proceedings, her mental health deteriorated and she became attached to a certain tree on the property, which Philip ultimately had cut down. Legend has it that the former Mrs. Physick still haunts the area of the yard where the tree once stood.

4. Betsy Ross House

This Old City landmark was the home of renowned seamstress Betsy Ross and is also where she is buried. While she died over 150

years ago, visitors to the house have reported hearing her crying near a bed in the basement of the house. Additionally, unidentified ghostly voices have also been reported at the site.

5. City Tavern

When you find a bar that you like, you never leave it—not even after death! Patrons of the swanky City Tavern in Society Hill have reported witnessing the presence of a deceased waiter, who was killed in a brawl on the premises (he is said to move silverware around), as well as a bride who died in a fire that destroyed the original edifice in the 1800s.

6. The Academy of Music

This glorious concert hall on the Avenue of the Arts in Center City

is famous for its calendar of performances and other events. These events must be really engaging, as certain people do not want to leave the theater—ever! Visitors seated in the upper section have reported seeing (living) patrons' hair pulled by mysterious hands and rumpled seats where no one was sitting.

7. Fort Mifflin

Considered one of the most haunted places in America, Fort Mifflin, located near Philadelphia International Airport, is still home to the long-passed spirits of Revolutionary War soldiers. Additionally, many visitors reported hearing the screams of a woman on the premises; in one instance, when police were summoned to the site, no one was found.

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Opiates, opioids, heroin — what's the difference?



This crisis begins with legit prescriptions more often than not. ALL PHOTOS ISTOCK



It's impossible to tell what street synthetics are cut with.

The crisis is a national emergency, and here's what you need to know.



JOSHUA CROUTHAMEL
@MetroPhilly
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It's sadly become a daily headline in the United States; the leading cause of death in the country for people under the age of 50 is a drug overdose. In fact, more than 64,000 Americans died in 2016 due to an overdose (compared with roughly 40,000 in car accidents). And the problem isn't going away. But what's at play in this epidemic?

We spoke with Dr. Deni Carise, Ph.D., the chief scientific officer at Recovery Centers of America, to learn more about the culprits, and how we've gotten to where we are today.

First of all, what is

the difference between an opiate, an opioid and heroin? "The most important thing to know is that they all work on the same area of the brain, and are all addictive," says Carise. "They allow you to experience euphoria, they decrease your heart rate, and though different in strength, they can all kill you. The only difference between them is that when prescribed you know exactly what you're in for, whereas when purchased on the street in different forms it's anyone's guess."

Turns out, almost everything we think of as an opiate is, in fact, an opioid. Opiates must be derived from the poppy plant (an example of this is morphine). OxyContin, heroin — all drugs that used to be referred to as "narcotics" before the late 1990s, when pharmaceutical companies went to great stakes to convince healthcare provid-

ers and consumers that their pain relief medications weren't highly addictive, are opioids. So doctors, who didn't want their patients in pain, started handing out prescriptions in record numbers, and the general public, even more averse to pain, started asking for products by name.

The result was an explosion in the number of people dependent on these drugs. And as the cost of a prescribed medication would go up, and availability would go down, synthetics popped up on the street to fill that void.

Let's break down what synthetic versions of prescription drugs are plaguing the country, because 75% of people in treatment for heroin started with a prescription opioid.

Once prescriptions become unavailable or too expensive, many look to heroin as a next step.

It's cheap — and it's also abundant. "Six-hundred people try heroin for the first time every day in this country," says Carise, "and it enters the brain much quicker."

After heroin, we have fentanyl, an incredibly powerful opioid that's 50-100 times more potent than morphine. And though it used to be prescribed just for severe pain directly after a surgery, it's now being produced on the street. The major problem with street drugs is that no one knows exactly what's in them — one day's bag of heroin may be pure, and the next day's bag could be laced with fentanyl, and result in an overdose.

A really scary option on the black market is carfentanyl. Its only approved use is by veterinarians on large animals, such as 14,000-pound African

elephants. This drug is 10,000 times as strong as morphine, and is being used to cut heroin. "A dose the size of a grain of salt can kill someone by



just coming into contact with your skin," says Carise. "It's colorless and odorless, so you can just inhale it and overdose."

When a person is suspected of suffering from an opioid overdose, the drug Narcan has been "tremendous

and profoundly useful reviving the people who have overdosed on heroin," says Carise, but unfortunately not when it comes to carfentanyl. "Carfentanyl lives longer in the body and outlives Narcan," she says.

"In the end, they all can kill you."

The government has made strides to curb the problem with prescription-drug-monitoring programs (thus outing "doctor shoppers" to mindful healthcare providers), but that does nothing to change the culture and care when people resort to using street drugs to manage their pain.

"We need to make treatment more available," says Carise, "21.2 million Americans have a substance-abuse disorder, and only 2.5 million receive treatment, that is only 10 percent of people with the disease."

How ketamine-assisted psychotherapy can help PTSD and depression



Low-dose infusions of ketamine combined with psychotherapy can help patients recover from their PTSD. ISTOCK



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Where our health and well-being are concerned, only the best will do. Metro couldn't agree more, which is why we've teamed up with Initia Nova, one of New Jersey's leading mental-health treatment centers, to unpack some of today's biggest medical questions.

Post-traumatic stress disorder (PTSD) is exactly what the name implies. In the wake of a shocking or deeply disturbing event, the sufferer is left jolted and haunted by the traumatic experience. Getting on the path to healing isn't always easy. Here with some answers are Dr. Patrick Sullivan, emergency physician and founder of Initia Nova, and Mitchell Cogan, mental-health clinician and Initia Nova's executive director.

PTSD is most commonly associated with veterans, but isn't that a misconception? PTSD has become known to the general public due to veterans getting diagnosed, but it isn't only veterans who are affected. It can be anyone who's experienced trauma, which

can include everything from surviving a terrorist attack to suffering some sort of abuse. Symptoms usually include flashbacks, nightmares, hypervigilance and avoidance.

What are the most common treatment approaches for PTSD? PTSD treatment typically involves a medication regimen (to reduce anxiety and depression and/or regulate mood) and psychotherapy. Medication can take months to kick in and therefore the client continues to suffer as talk therapy isn't an instant cure, either. If a client is really struggling with PTSD symptoms, the medication will feel like it's taking forever to help, especially while the doctor tries to find the right medication and/or dose. The unpleasant

side effects often discourage people further. Meanwhile, trying to discuss the traumatic event in therapy can be utterly overwhelming for most people, leading to increased anxiety, depression and hopelessness.

What is ketamine-assisted psychotherapy? Ketamine-assisted psychotherapy is an exciting and groundbreaking new treatment for PTSD. In our private Cherry Hill office, patients receive a low-dose infusion of ketamine, which Time Magazine has described as the biggest breakthrough

in psychiatry in the last 50 years. During the infusion, an experienced trauma therapist will help you learn to reprocess your traumatic experiences and view them in a different way. Using ketamine during therapy can actually change your neurochemistry and place you on the path to complete recovery.

How effective is it in treating PTSD? While this is a new and rapidly emerging treatment, the results so far have been astonishing. Up to this point, the approach has been trying to talk about

your problems and use medications for the resulting anxiety and depression. By combining ketamine and psychotherapy, our goal is to solve the problem at its core and eliminate the need for continued medications.

How do I know if ketamine-assisted psychotherapy is right for me? Call or email us for a free phone consultation. Executive Director Mitchell Cogan will help you determine if this treatment is right for you and how to get started.

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Talented Sixers still require lots of patience as 'The Process' continues

The Sixers' slow start is testing the resolve of fans.

ANDY JASNER
@AndyJasner
sports@metro.us

The rabid win-starved 76ers fan base was raucous at tip-off of last Friday's home opener against the Boston Celtics.

In the waning minutes, there was an eerie silence.

The Sixers fell to the Celtics and then got crushed the next night at Toronto.

Three games, three losses. The next two games are Monday night at Detroit and home Wednesday against the upstart Houston Rockets. The Sixers could easily be 0-5.

Their first 20 games are brutally difficult. They could be 5-15 and facing an uphill battle the en-



Sixers' head coach Brett Brown must be admired for his optimism and patience. GETTY IMAGES

tire season. None of this should come as a surprise.

The Sixers are young. They're talented. They're gritty. But they have deficiencies and that has been painfully evident in the first three games.

Ben Simmons and Markelle Fultz, both

rookies, aren't very good shooters, especially from the free throw line. They can get to the basket. They can pass and run the court. Their inexperience is showing.

Joel Embiid is far from being in tip-top physical shape. He's also 0-for-10

from the beyond the arc and has shown a reluctance to play in the low post. Dario Saric's shot looks a bit flat. J.J. Redick can really connect from 3-point land, but he'll need the inside game to be more effective to set up his presence from the perimeter.

Defensively, the Sixers are a major work-in-progress. They're struggling mightily in pick-and-roll and that will happen with young players. It can take a whole season for rookies to adjust in regards to all the nuances with defense in the NBA.

Those "Trust The Process" chants calmed down as the fourth quarter dragged on against the Gordon Hayward-less Celtics. Technically, this is the fifth season of "The Process." Winning 75 games in four seasons was unacceptable.

Much more was expected in 2017-18 and the Sixers will get better. They'll win games. They'll be a different team by March and April.

There are so many "ifs" with the Sixers: if Embiid can play back-to-back games ... if Embiid can stay healthy ... if Simmons

and Fultz can find their rhythm and not get bogged down in a marathon season ... if Jahlil Okafor can offer them quality minutes off the bench ... if Redick can continue knocking down threes on a consistent basis ... if T.J. McConnell and Robert Covington and Amir Johnson, etc., can assist with production ... lots of ifs.

"I like this team and we know in this locker room what kind of talent we have," McConnell said. "We can be really, really good and we all know it. We just have to put it all together and as a group, we're confident that we can do it. We know we can do it. We have the confidence that we can do it. I'm excited to see how this group progresses."

They will progress. How long will it take? Will the fans have patience to wait another season?

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Flyers' Gostisbehere better than ever

When you think about it, there really have been two Ghosts.

There was the near-Rookie of the Year Shayne Gostisbehere — drilling game-winners and serving as a setup man for Claude Giroux and a playoff-bound power-play unit in 2015-16.

And there was last year's Shayne Gostisbehere. In 2016-17, the Flyers' young defenseman posted a plus/minus of minus-22, after plus-8 his freshman season. He also scored 46 points in 64 games to start his career, in contrast to 39 in 76 games last year, a healthy campaign that included a couple healthy scratches.

This year, it looks like the good Ghost is back, as Gostisbehere has netted 11 points in eight games more quickly than every Flyers' defender aside from Mark Howe in 1985 (also scoring 11 points in eight games). With Philly at 5-3, it Ghost's production could spur the Flyers back to the playoffs. Jake Voracek thinks this is the best he's ever seen the 24-year-old play.

"He has the puck all of the time," Voracek said after a win against Edmonton this weekend. "When you have the puck you don't have to



Shayne Gostisbehere has played exactly how the Flyers hoped he would when they drafted him in 2012. GETTY IMAGES

play defense. It is as easy as that. He is confident with the puck. I think he has 11 points right now which just gives him a confidence boost. He is a big part of our team. He looked good on the power play. We got a big one in the first and we found a way to win."

Of course, even the most offensive-minded defensemen have to play without the puck some of the time. And it's in this — one of his weaker attributes — that he has made the most progress over the young season.

"Yeah I've been working on it every day I can," Gostisbehere said. "In the summer too it's a lot. I'm glad it's working. It's getting noticed so I'm just gonna keep my head down and keep going. I'm an offensive guy, but I'm a defenseman first. I think if I take care of the defensive side the offensive side will take care of itself."

In his defensive pairing with another young Flyers, Robert Hagg, the duo seems to be potent on both ends of the ice, combining for plus-9 thus far.

"Ghost is competing

really hard without the puck, but he's also moving the puck out of our zone," head coach Dave Hakstol said. "When you can do that, you have to defend a little bit less and spend less time in your defensive zone. I think Ghost is doing a good job on both sides of the puck. Not only that, he's doing things with confidence and doing it in a way, that not only helps his partner but our entire D core."

Philly is back in action Tuesday night for yet another west-coast foe in the Ducks. EVAN MACY

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Amid team struggles, UPenn's Watson is on the cusp of history

The Quakers star wide receiver is staring at the conclusion of a remarkable college football career.

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Not until it's all over next month will Penn's Justin Watson look back. But when the kid from Bridgeton, PA — just outside of Pittsburgh — finally does he'll realize he's left behind quite a legacy.

Already the 6-foot-3, 220 pound senior has equaled Dan Castles' school record 27 touchdown receptions, while moving within 10 catches of Rob Milanese's mark of 259 catches. He's also just 124 yards behind Milanese's mark of 3,405

career yards and within striking distance of Adolph Bellizeare's 4,004 all-purpose yards.

Not only that, but the pre-season All America ranks high on the Ivy League's all-time list in those categories, with still four games to go.

But following Saturday's 24-19 loss to Yale, the Quaker's third straight come-from-ahead loss where they held a fourth quarter lead, Watson was in no mood to bask in his press clippings. Despite catching 10 balls for 120 yards and that school record-tying touchdown, he acted as if he hadn't done enough.

"I don't like going off field hugging my family after a loss and a whole locker room of guys feels the same way," Watson, who has 44 catches

for 587 yards and eight scores for the 2-4 Quakers, said. "Losing hurts."

It's all but official these Quakers will relinquish their crown, after earning a piece of the Ivy title the last two years. After falling to Dartmouth and unlikely co-leader Columbia under former Quaker coach Al Bagnoli on the final play of the game in consecutive weeks, Penn fell to Yale late as well.

"I'm not sure if it's mental in that our kids are thinking that way, but we're not finishing," said Quaker coach Ray Priore, who'll try to get his team to rebound at Brown Saturday. "When you look at a game, it usually comes down to everybody sharpening themselves up on 2-3 things. If you sharpen those pieces it can be the difference between that



After the next four games, Justin Watson could hold several Quakers' football records. GETTY IMAGES

fourth quarter win and loss. We've really been victims of that the last couple of weeks."

The bottom line is Watson's swan song for the Red and Blue will likely end in disappointment. But his stellar career won't go unappreciated.

"He's just blessed with some tremendous ability and drive," Priore said of Watson. "He's got great focus and attention to detail. You always hope players will be good. But

as soon as he got here as a freshman it was clear and evident he was a different player than everybody else."

For now Watson's too concerned about Brown, followed by Princeton, Harvard and Cornell, to dwell on any of that.

"The mantra of our offense is to put your head down and work, then look at the scoreboard afterwards," Watson, who has 249 career receptions for 3,281 yards and 27 touch-

downs, said. "I have the same mindset with my career. Just work as hard as I can each day, leading these guys through and trying to get wins. Four games from now I'll look back on that stuff. I'm not concerned with it now."

When he finally does take a look Justin Watson will realize what everybody else has known all along.

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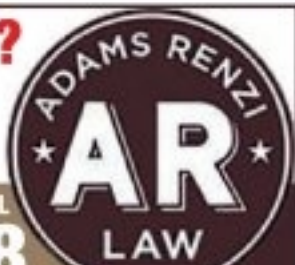
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22 Lower in esteem
24 – “King” Cole
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34 Out of control
35 Goofed up
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46 Pleasure
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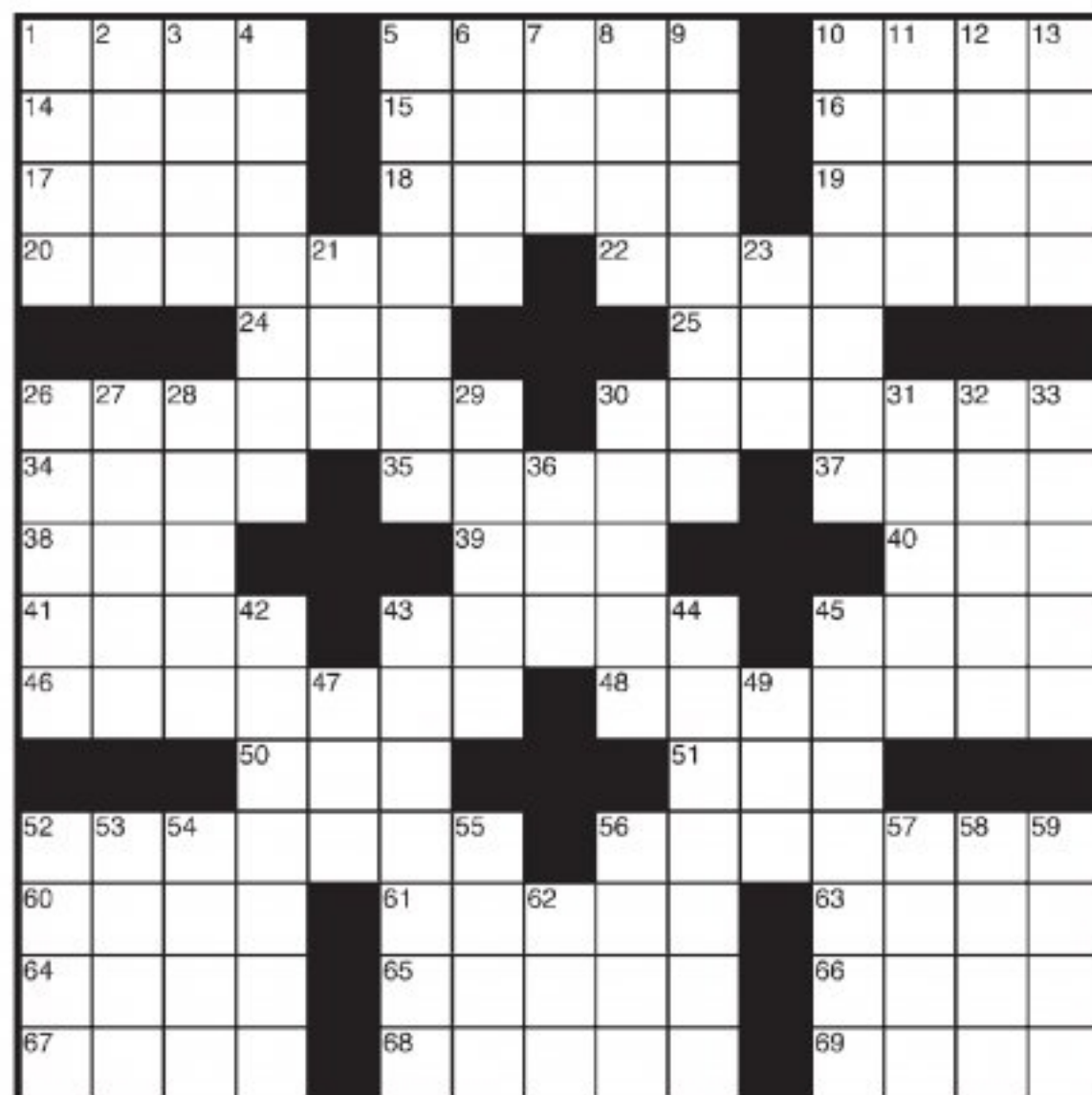
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Down

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8	5			9				6
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Aries Follow your heart and take a passionate approach to achieving your goals. Partnerships can make a difference to how you move forward. Stabilize your position.



Taurus Don't feel the need to make a change just because someone else does. Aim to secure a financial, contractual or legal settlement you are negotiating.



Gemini A financial opportunity can change the way you live. Negotiate contracts and check out positions that have potential. An unexpected financial gain will be a relief.



Cancer Personal improvements can be made. Educational pursuits will help shape the way you think. An interesting partnership has the potential to be quite lucrative.



Leo Turn an opportunity into an adventure. Taking a business trip or using your skills to get ahead will pay off. Don't let your generosity put you in an unjustified position.



Virgo Emotions will smolder if you aren't willing to discuss personal matters openly. Use your intelligence and offer incentives to sway others to see things your way.



Libra Keeping secrets will be difficult. Unexpected changes will cause discord in an important relationship, resulting in the need to question motives and find solutions.



Scorpio An interesting discussion will give you something to consider. Head in a direction that you feel compelled to explore. Let your imagination wander.



Sagittarius Put your heart and soul into whatever you do. Helping others will make you feel good and could lead to an unexpected opportunity. Personal gains look promising.



Capricorn Observation is your best choice. An offer will not be all it's made out to be. Look for alternative options and offer suggestions based on your findings.



Aquarius If you put in the time, you will reap the rewards. Taking physical action will encourage others to pitch in and help. Be concise to avoid miscommunication.



Pisces Fighting the impossible will not help you get ahead. Go with the flow and make unique alterations that will separate you from everyone else. **EUGENIA LAST**

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